

# THE ART OF LIVING COURSE

*Find greater peace, energy & joy*

**T**he Art of Living Course is a practical course of experience and knowledge designed to develop the full potential of life. Enjoyed by people of all backgrounds and traditions, the course is based on the ancient knowledge of the art of living and the healing power of the breath, adapted to the needs of modern life. It offers practical tools to eliminate stress and awaken our innate potential to heal ourselves. The techniques and tools learned bring greater peace, energy, awareness, and joy to daily life.

## *The Mind*

Quality and success in life are determined by the state of our mind. Under stress and pressure, the mind often vacillates between regretting the past and worrying about the future. This constant vacillation results in lower performance, lack of concentration, decreased efficiency, and more interpersonal conflicts. The Art of Living Course empowers individuals to be more centered and focused, by providing them with powerful tools that enable them to function more fully in the present moment.

## *The Breath*

The breath has proven to be a powerful tool in effectively regulating the mind, and can be very effective in eliminating stresses and toxins from the system. It has a profound effect on how we feel emotionally and physically, and on the state of our mind.

The Yoga of Breath states that up to 80% of the physical and emotional toxins in the body can be eliminated through the breath, yet most people use only 35% of their lung capacity. Skillful use of the breath can effortlessly transform one's mental and emotional state and significantly improve the overall quality of life.

## *The Art of Living Course*

The Art of Living Course offers specific breathing practices and techniques that infuse the body with energy and harmonize the natural rhythms of the body, mind, and emotions. The course includes Sudarshan Kriya, which uses specific rhythms of breath to re-establish balance in life as it simultaneously floods the cells of the body with oxygen and energy. Course participants report that with regular practice (15-20 minutes a day), there is a vast improvement in physical and mental energy, as well as greater harmony with others.

## *The Benefits*

- Reduced stress
- Increased health & well-being
- More ease & joy in personal relationships
- Improved self-esteem
- Greater creativity and clarity of mind
- A deeper sense of community
- Enriched spiritual life

### Independent research findings:

- Reduced cortisol (the "stress hormone")
- Relieves depression and anxiety
- Restores normal sleep patterns
- Increased EEG alpha and prolactin (well-being hormone)



# ART OF LIVING FOUNDATION

## *Mission Statement*

**T**he Art of Living Foundation is dedicated to serving society by strengthening the individual. We do this by offering programs that eliminate stress, create a sense of belonging, restore human values, and encourage people from all backgrounds, religions and cultural traditions to come together in celebration and service.

As a Non-Governmental Organization (NGO), we work in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations, participating in a variety of committees and activities relating to health and conflict resolution. A few of our educational and humanitarian service projects are:

**ART OF LIVING COURSE** - is enjoyed by over one million people of all backgrounds and traditions across the globe. This workshop is a powerful and effective program that creates greater peace, energy and joy. Special courses are also offered for people facing life-threatening illness, chronic conditions, depression and victims of violence and natural disaster, and for staff and inmates in correctional facilities.

**SAHAJ SAMADHI MEDITATION** - is an easy, profound way to bring the mind to deep peace. Daily practice integrates a depth of inner silence with the dynamic activity of life. Practice of this ancient meditation leaves you feeling rested, relaxed and energized.

**ART EXCEL PROGRAM** - is a highly effective human values and stress-management training program for children and teenagers. The human values curriculum leads students to develop human values such as acceptance of others, empathy, respect, trust and selfless giving. Students are challenged to go beyond their limited perspective of life and to consider the world at large with all its social, racial, ethnic and religious diversity. Emphasis is placed on hands-on activities such as service projects, which incorporate these human values into their lives through first-hand experience.  
([www.artexcel.info](http://www.artexcel.info))

**CARE FOR CHILDREN** - Since 1985, the Art of Living Foundation has helped support Care for Children, an innovative school and service program for children and their communities in rural India. The school is now so popular that many parents in this traditionally agricultural area (with no history of education or schooling) now send their children to school instead of to work in the fields.  
([www.careforchildren.org](http://www.careforchildren.org))

**THE 5-H PROGRAM** - offers social and community development projects with a focus on Health, Hygiene, Homes, Harmony in Diversity, and Human Values. In a unique and comprehensive approach, at-risk and disenfranchised youth are trained to become community leaders. Many Art of Living volunteers dedicate their time, resources and expertise to help the 5-H Program. ([www.5h.org](http://www.5h.org))

**TRAUMA & STRESS RELIEF** - Programs and humanitarian aid in war-torn Kosovo, in earthquake-stricken Gujarat and New York City since September 11.

**YOUTH TRAINING PROGRAM (YTP)** - Transforms rural regions in developing countries by training village youth in leadership skills to enhance the quality of life and make communities economically and socially self-reliant. Carefully selected, each youth leader reaches out to a minimum of ten villages in his or her region every year, initiating service programs that in turn reach 800-1,200 people in every village. In a span of three years, these young service leaders will touch 10-14 million lives.

*Dedicated to making life a celebration*

Art of Living Foundation, P.O. Box 50003, Santa Barbara, CA 93150

800.897.5913 [Toll-free in U.S. only]

To find an Art of Living program outside the U.S.,

[www.artofliving.org](http://www.artofliving.org)



# HIS HOLINESS SRI SRI RAVI SHANKAR

## *Biography*



*His Holiness  
Sri Sri Ravi Shankar*

From an early age, it was apparent that Sri Sri Ravi Shankar was destined to lead a spiritual life. Even as a very young child, he was often found absorbed in meditation. At the age of four, his parents were surprised to discover him spontaneously reciting the Bhagavad Gita. Later on, in school, he would tell his friends, “People are waiting for me all over the world. I am going to visit them one day.” By the age of seventeen he had completed his traditional education in both Vedic and modern science.

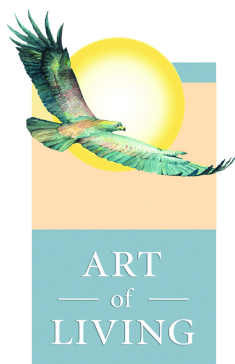
In 1982, Sri Sri (pronounced, “Shree Shree”) began to teach the Sudarshan Kriya, a powerful breathing technique that eliminates stress and brings one completely into the present moment. Today, the Sudarshan Kriya technique is taught in more than 130 countries as part of the Art of Living Course. Millions of people around the world have experienced physical and emotional healing from these programs, which eliminate stress and create a sense of belonging.

*“The only true security that  
can be found in this world  
lies in giving love.”*

Sri Sri is the founder of the Art of Living Foundation, a United Nations NGO (Non-Governmental Organization), and is the inspiration behind numerous humanitarian organizations focused on service and the promotion of human values. “Service is the expression of joy and love,” says Sri Sri. “Ask yourself, ‘How can I be useful to those around me and to the whole world?’ Then your heart starts to blossom and a completely new level of life begins.”

Today, Sri Sri speaks in thirty to forty countries a year, reminding us that the great spiritual traditions have common goals and values. He encourages people from all religions and cultural traditions to come together and celebrate. His love, practical wisdom, and wholehearted dedication to service inspires people everywhere. He brings a whole new dimension to spirituality, infusing it with a sense of celebration and joy. Through him, you can see the infinite; he is limitless compassion and grace. To know Sri Sri is to be touched by his childlike simplicity and joy. In his presence, one experiences a profound silence that is beyond words.

Joy, love, playfulness, poetry, deep wisdom, and a twinkle of mischief have all come together as Sri Sri Ravi Shankar.



# THE ART OF LIVING FOUNDATION

## *Professional Affiliations*

The Art of Living Foundation is an international Non-Governmental Organization (NGO) in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations. The Foundation has accredited representatives at the United Nations in New York, Geneva, and Vienna.

### MEMBERSHIPS

CONGO (Conference of NGO's in Consultative Status with ECOSOC of the United Nations), Geneva and NY

U.N. NGO Committees: Health, Mental Health, Committee on Aging, New York

U.N. NGO Values Caucus, New York and Geneva

International Union for Health Promotion and Education, Paris

NGO Forum for Health, Geneva

National Association of Women's Organizations, Uganda

### INTERNATIONAL ACTIVITIES *(Partial Listing)*

- 2003 U.N. World Economic Forum: Davos, Switzerland
- 2002 U.N. 55th ANNUAL DPI/NGO CONFERENCE: "Breaking the Cycle of Violence"; New York, US
- 2002 World Summit for Sustainable Development (WSSD): Johannesburg, South Africa
- 2002 U.N. World Economic Forum: New York, USA
- 2002 U.N. - World Summit on Sustainable Development Prepcom 2: New York, USA
- 2001 Back on Track America: Program aimed at getting U.S. businesses back on track after Sept. 11th  
Began in New York and traveled through 15 U.S. cities
- 2001 54th annual DPI/NGO Conference: NGO's Today: Diversity of the Volunteer Experience:  
Paper entitled: Promoting a Culture of Peace Among Youth Volunteers Through Education, New York, USA
- 2001 UN Conference on Racism and Discrimination: Durban, South Africa
- 2001 Village Adoption Program for Post-Quake Reconstruction and Rehabilitation: Gujarat, India
- 2000 U.N. Millennium World Peace Summit: New York, USA
- 2000 XIII International Aids Conference: Durban, South Africa
- 1999 UN-NGO Conference: Seoul, Korea, Youth Program Leader: Inspire, Empower, Act!
- 1998 World Conference on Conflict Resolution: St. Petersburg, Russia
- 1998 International Symposium - Human Values and Human Rights: Zagreb, Croatia

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# THE ART OF LIVING FOUNDATION

## *Medical Research Summaries*



### 2001 - EFFECT OF SUDARSHAN KRIYA ON ANTIOXIDANT STATUS AND BLOOD LACTATE LEVEL.

H. Sharma, D. Aggarwal, S. Sen, A. Singh, V. Kochupillai, N. Singh. Departments of Biochemistry and Oncology. All India Institute of Medical Sciences (AIIMS). An Independent Study.

Participants were observed both before and after learning the Sudarshan Kriya and related practices (SK&p). Findings showed decreases in blood lactate (indicating a relaxation response) and increases in Glutathione, SOD, & Catalase (indicative of better antioxidant defense) after the SK&p. The results demonstrate that the SK&p may offer greater relaxation for the individual as well as enhance antioxidant defense (free radicals, which can damage cells and perhaps lead to cancer, heart disease, or other ailments, can be neutralized with antioxidants).

### 2001 - EFFECTS OF SUDARSHAN KRIYA ON ALCOHOL-DEPENDENT PATIENTS.

A. Vadamurthachar, N. Janakiramaiah, M. Jayaram, B.N. Gangadar, K.S. Subukrishna. National Institute of Mental Health and Neuro-Sciences. (NIMHANS is the premier mental health institute in India, enjoying a high international reputation.) An Independent Study.

This comparison study showed a significant reduction in anxiety and depression among alcohol-dependent individuals (based on DSM-IV criteria) who were patients of NIMHANS and received the Art of Living Course as part of their medical treatment. This treatment group was compared to control group of alcohol-dependent patients at NIMHANS receiving standard medical treatment only. Such differences were indicated by significant decreases in blood cortisol levels (stress hormone) and significant increases in prolactin (plays a large role in immune system functions) compared to controls. Since anxiety and depression are key factors in relapse in alcohol-dependent patients, this study indicates that Sudarshan Kriya can play a significant role in prevention and treatment of relapse in alcohol treatment procedures.

### 2001 - TOBACCO CESSATION/PREVENTION THROUGH SUDARSHAN KRIYA YOGA.

A Pilot Study. R. Ralhan, MD. Department of Biochemistry, AIIMS. An Independent Study.

A Pilot Study. A small group of smokers were recruited to take the Art of Living Course as a treatment for their tobacco addiction. The results of the pilot indicated that all participants were successful in the cessation of smoking tobacco cigarettes. Participants admitted that the “urge to consume tobacco” dissipated. This preliminary study points to the potential benefit of the SK&p in the treatment of cravings and addictions, particularly those as hazardous as smoking, and to the need for further research in this area.

### 2001 - SUDARSHAN KRIYA AND DEPRESSION.

M. Patel. An Independent Study.

118 participants from 3 cities in India were administered the Beck Depression Inventory before and after their first Art of Living Course. Prior to the course, 61% (n=72) suffered from moderate to severe depression. Post-testing on the last day of the 6-day course revealed that only 5% (n=6) of participants indicated they were depressed. The results show a striking reduction in the reports of depression as measured by the BDI within a 6-day period. Other independent studies have demonstrated that reductions in depression persist. (Studies at NIMHANS demonstrated significant reductions in depression persisted for the 3-month study period.)





# THE ART OF LIVING FOUNDATION

## *Medical Research Summaries*



(con't.)

### 2001 - FLOWCYTOMETRIC STUDY OF T-CELL SUBSET AND NATURAL KILLER CELLS IN PERIPHERAL BLOOD OF ART OF LIVING TEACHERS, NORMAL SUBJECTS AND CANCER PATIENTS.

S.N. Das, V. Kochupillai, D. Singh, D. Aggarwal, N. Bhardwaj. Departments of Biotechnology and Oncology. University of Ottawa & AIIMS. An Independent Study.

Natural Killer (NK) cells are the first line of defense of the immune system. They are surveillance cells that can directly destroy cancer/tumor cells and virally infected cells and they mobilize other aspects of the immune system to launch their assault. They are key in the fight against cancer, yet levels of NK cells are found to be lower in cancer patients in remission than in the population at large. In a comparison study, it was found that the absolute number of NK cells were higher in AOL teachers than in normal controls and in cancer patients. This suggests that SK&p can be beneficial in boosting the immune system, which is particularly useful for patients with diminished immune system functioning, such as those in cancer remission.

### 2001 - IMMUNOLOGICAL STUDY OF CANCER PATIENTS BEFORE AND AFTER SUDARSHAN KRIYA AND PRANAYAM.

S.S. Devinder, S.N. Das, V. Saurabh, D. Aggarwal, N.K. Bhardwaj, V. Kochupillai. Departments of Oncology, Biotechnology, and Pathology. Institute Rotary Cancer Hospital, AIIMS, ICMR. An Independent Study.

Cancer patients in remission were studied to determine whether immune functions improved after SK&p. Using a within-subjects design, blood samples were taken from participants before the Art of Living Course and immediately after completing the course. Peripheral blood samples of the patients taken before and after SK&p indicated an increase in the percent of Natural Killer cells as well as CD3+ and CD4+ T-cells subsets. These findings suggest the benefit of the SK&p in boosting immune function.

### 2001 - A COMPARISON OF SERUM CORTISOL LEVELS BEFORE AND AFTER PRANAYAM AND SUDARSHAN KRIYA.

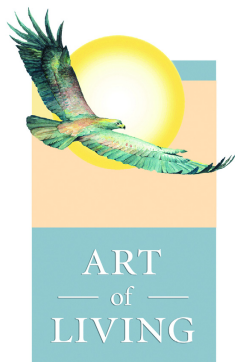
D. Aggarwal, S. Bhatnagar, C. Dash, S. Leekha, S. Guha, N. Bhardwaj, R. Goswami, N. Gupta, & V. Kochupillai. Departments of Oncology, Anesthesiology and Endocrinology. University of Ottawa & AIIMS. An Independent Study.

This study showed that long-term practitioners of SK&p had lower Serum Cortisol levels at baseline than did short-term practitioners. This suggests that relaxation benefits from practice of SK&p are cumulative and increase with time: long-term practice offers an increasingly greater relaxation response.

### 2001 - RELAXING RELATIONSHIP: SUDARSHAN KRIYA AND BLOOD LACTATE LEVELS.

N. Singh, H. Sharma, N. Bhardwaj, D. Aggarwal, V. Kochupillai. AIIMS. An Independent Study.

A homogeneous group of 25 police force trainees were recruited for this study. Blood lactate levels (higher lactate levels suggest a greater degree of stress) were assessed before, after, and four months after participants learned the SK&p. Results showed that blood lactate levels for participants did decrease immediately after the course. However, 4 months later the lactate levels were back to normal and it was discovered that participants had not continued with their practices. (Participants were unable to continue due to their job demands.) These results would suggest that sustained relaxation could only occur if the practices are continued regularly.



# THE ART OF LIVING FOUNDATION

## *Medical Research Summaries*



(con't.)

### 2001 - SUDARSHAN KRIYA AND HEALTH.

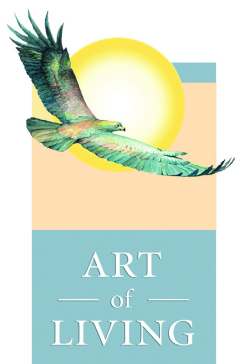
H. Geetha. Biochemistry Department, Victoria Hospital  
Bagalore, India. An Independent Study.

Antioxidative defenses are a critical part of immune function and protect our health against free radical damage. Several indicators of immune functioning were observed in this study. Serum MDA levels (measures oxidative stress), Superoxide Dismutase and Glutathione Peroxidase (measures antioxidant defense) levels, and cholesterol levels were measured. Results indicated decreases in Serum MDA pointing to a reduction in oxidative stress. Superoxide Dismutase and Glutathione Peroxidase levels were increased at 7 days after learning the SK and at 45 days after (with continual practice). There was also a significant decrease in levels of Serum total cholesterol and LDL cholesterol (bad cholesterol and a major risk factor for coronary heart disease), as well as an increase in HDL cholesterol (good cholesterol). Taken together, these results indicate that practice of the SK&p enhances the body's natural defense mechanism. This could improve the quality and length of life by preventing the damage caused by free radicals and artery blocking cholesterol.

### 2001 - THE EFFECTS OF STRESS REDUCTION AND STRESS INDUCING TECHNIQUES ON THE VISUAL SYSTEM.

V. Vallabh, A. Asmaljee, N. Roos. Rand Afrikaans University,  
Auckland Park, South Africa. An Independent Study.

In a comparison of a stressed group, a control group, and a SK group, eyesight was improved for the SK group, whereas it worsened for the stressed group and stayed the same for the control group. These findings may suggest that eyesight, which can be negatively impacted by stress, could improve in practitioners of SK&P, when stress is reduced.



# ART EXCEL

## *Helping young people excel in life*

**A**RT Excel (All 'Round Training in Excellence) is a highly effective stress management and human values training program for children and teens. The Art of Living Foundation initiated this unique program in response to the global health and values crisis facing today's youth. Presented in a practical framework that appeals to youth of all ethnic, racial, and religious backgrounds, the program offers an enlightened approach that awakens youth to their deepest potential and life's higher values.

### *The Program*

The initial 18-hour program is well-rounded, and includes practical tools for dealing with negative emotions, relaxation and stretching exercises, problem-solving strategies, leadership training, social skills development, and creative projects. Students are given such vital skills as how to eliminate stress, handle emotions, deal with peer pressure, and develop greater confidence. Youth are provided techniques that increase mental focus and facilitate the learning process. The program shows children and teens how to become responsible yet remain uninhibited, joyful, creative, loving, and fun.

### *Techniques & Values*

A unique aspect of the program is a specific set of breathing techniques that systematically release emotional and physical stress. Once learned, the student may implement these techniques in any setting to bring about a state of calm and relaxation. Through regular practice, mental clarity and focus are also increased.

The human values component leads students to identify such higher values as acceptance of others, empathy, respect, trust, and selfless giving. Students are challenged to go beyond their limited perspective to consider the world at large, with all its diversity. Emphasis is placed on such hands-on activities as service projects, which incorporate these values into their lives through first-hand experience.

### *Stress in Children*

Students today are under increasing stress, no matter where they live or what kind of family they are from. The effects of stress can be devastating to a child's health and well-being, leading to a range of problems if left unchecked.

#### **Sources of Stress**

- Too many activities, not enough relaxation time
- Single parent family or busy, stressed parents
- Overwhelmed by world's problems
- Peer pressure
- No extended family support
- Low family income
- Poor nutrition
- Moving to a new area

#### **Results of Stress**

- Trouble with sleep
- Irritability, grouchiness
- Anger, frustration, violence
- Alienation, possible gang involvement
- Depression, suicide, runaway
- Addictions: drugs, alcohol, cigarettes
- Early sex, teenage pregnancies
- Poor school work/dropout
- Lack of self-confidence
- Frequent illness, poor digestion, upset stomachs

The ART Excel Course addresses this growing crisis by providing students with concrete tools, techniques, and knowledge that enable them to not only survive the stress but to excel.

To truly excel in life is an art, and although much emphasis has traditionally been placed on higher academic achievement, more can be done to give students the tools to handle stress and live to their fullest potential. The true measure of success is a happy, healthy, well-adjusted child that is able to deal effectively with life's challenges.





# PRISON SMART

*(Stress Management and Rehabilitative Training)*

**P**rison SMART is a program of the Art of Living Foundation. Prison SMART provides the structure to deliver the common goal of uplifting human values within Prison environments. Prison SMART provides the structure to deliver a customized curriculum based on the Art of Living Course to incarcerated individuals in rehabilitative settings. Prison SMART's mission is to deliver its unique stress management workshop, the first of its kind, to prison inmates, individuals on parole, at-risk and incarcerated youth, and victims of crime. Programs are also available for corrections staff. The program exists to help prisoners in their personal rehabilitation, and to reduce violence and drug dependence in prisons and in society at large. The program teaches essential life skills that enable individuals to accept responsibility for past actions and to handle future conflict and stressful situations successfully.

The Prison SMART Program is a valuable tool for those working to end the cycle of violence and abuse in society, whether through law enforcement, conflict resolution, social rehabilitation, or human development. The program will be of particular interest to psychiatrists, therapists, counselors, mediators, family and youth courts, social workers, correctional officers, administrators of penal institutions, municipal school systems, and educators in general. The program also will be of interest to those institutions and individuals that deal with the aftermath of violence, such as rape crisis centers, shelters for battered women, and runaway shelters, by offering tools to alleviate the trauma experienced by victims of crime and abuse.

Unlike other seminars, the Prison SMART Program teaches practical skills that begin to produce results from the very first session. The program uses advanced breathing practices and is based on the dynamic cleansing effects of the breath on the body and mind. Participants learn how to use

their own breath to gain relief from the accumulated effects of stress and negative emotions. As a result of the program, participants begin to reduce and manage the stress in their lives. They begin to sleep better, think more clearly and take responsibility for their actions. By handling stressful situations better, they gain confidence in their ability to have self-control and to make positive changes in their behavior. Prison administrators have reported that inmates who have participated in the program are easier to handle and exhibit less acting out in confrontational situations. Thousands who have completed the Prison SMART Program stress management training are living testaments to its effectiveness. Since the first training course in 1992, the program has grown steadily, with more than 20,000 participants having successfully completed the program. The program has gained international recognition and is now offered in prisons and juvenile detention halls in North America, Asia, Europe and Africa.

*"The Prison SMART Program successfully brings ideas and techniques for self-exploration and growth to those disenfranchised people who need it the most. Our inmates benefited greatly from the breathing techniques and found that the relaxed state of mind it gave them did in fact put them more in control of themselves and less subject to the thousand daily provocations inherent in prison life. They were inclined to take more responsibility for their own lives and were less prone to act out and project anger. They felt good that such a powerful tool is totally within their own control and as close to them as their own breath."*

Peter A. Roemer, M.D., Psychiatrist  
GOVERNMENT OF THE DISTRICT OF COLUMBIA,  
DEPARTMENT OF CORRECTION MAXIMUM  
SECURITY FACILITY

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